

# Senior Center Gazette

February

2003

The Senior Center will be closed for  
President's Day, February 17

**International Food Festival -  
Wednesday, February 5 & March 5,  
Noon**

**Members - \$6**

**Non-Members & Youngsters - \$8**

Join us for this annual festival of foods from all over the world prepared by Senior Center members and their family and friends. Join in the fun by wearing traditional clothing of your family origin or a favorite country. Entertainment provided by Howard Moffitt and Friends.



**Special Visit from A/C Transit Board  
Member Joe Bischofberger**

On Thursday, February 20 from 10:30 am to 1:30 pm, A/C Transit Board of Directors Member Joe Bischofberger will be at the Senior Center to hear comments and concerns from South County seniors. He is our representative on the Board of Directors and wants to get acquainted with all of us.

## **NEW! Hula Lessons**

Hula Instructor, Jerry Lee Castro, will be giving Hula Lessons for Seniors on Fridays at 2:00 pm. Everyone is welcome to come, even wheelchair bound seniors can enjoy this class. Requested donation for the instructor is \$3.00.

## **AARP Tax Preparation - Starts February 4**

Appointments are being scheduled for AARP Tax Preparation on Tuesday, February 4, through Tuesday, April 15. To qualify, you must be at least 60 years of age and have an income of less than \$50,000. You must make an appointment and bring your previous year's income tax papers and the tax booklets mailed to you by the Internal Revenue Service and the State of California. Five appointments are available at each hour. Appointments can be made for the following days:

- Tuesdays, 10:00 am, 11:00 am, 12:00 Noon
- Thursday, 9:00 am, 10:00 am, 11:00 am, 12:00 Noon
- Fridays, 1:00 pm, 2:00 pm, 3:00 pm

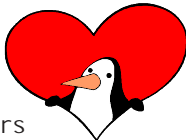


## **COMMUNITY SERVICES**

<b>SENIOR SERVICES</b> .....	574-2050
Coordination of services for homebound seniors	
Companions for Life (Medical Alert Program)	
Local van group trips for shut-ins .....	574-2082
Tri-City Elder Coalition .....	574-2064
<b>LIFE ELDERCARE</b> .....	574-2090
Caregivers Support .....	574-2035
Home Services Registry .....	574-2095
Meals on Wheels .....	574-2092
Friendly Visitor Program .....	574-2097
<b>TRANSPORTATION ASSISTANCE</b>	
City of Fremont Paratransit Program .....	574-2053
East Bay Paratransit Program .....	1-800-555-8085
<b>HOUSING ASSISTANCE (OFFICE OF NEIGHBORHOODS)</b> .....	494-4500
<b>LEGAL ASSISTANCE FOR SENIORS</b> .....	1-800-393-0363
<b>SOCIAL SECURITY</b> .....	1-800-SSA-1213
<b>MEDICARE</b> .....	1-800-952-8627
<b>MEDICARE &amp; INSURANCE COUNSELING (HICAP)</b> .....	839-0393
<b>TRI-CITY HEALTH CLINIC</b> .....	713-6685
<b>SENIOR LIBRARY SERVICES</b> .....	745-1499 or 745-1491
<b>SENIOR PEER COUNSELING</b> .....	574-2063
<b>ALZHEIMER ASSOCIATION HOT LINE</b> .....	1-800-660-1993

## **Valentine's Day Birthday Party! Friday, February 14 - 1:30 pm**

Join in the festivities of our February Birthday Party. Entertainment will be provided by Edna Gamba and the Fremontaires. Even if February is not your birthday month, come to enjoy the music and fun. Birthday cake, ice cream, and coffee will be served in the dining room. Prizes will be awarded in a drawing of the names of seniors present who have birthdays in February. Prizes have been donated by Kathy's Floral Design in the Walnut Plaza, Retirement Inn, Rose's Mortuary, and the Builder's Fund, which also provides the entertainment.



## **Builder's Fund 18<sup>th</sup> Annual Meeting - Tuesday, February 18, 1:00 pm**

The Builders Fund is a nonprofit corporation formed to "build a better life for seniors" by providing equipment, programs and services at the Senior Center. It is supported by donations of \$5 per person per year or a lifetime donation of \$50 per person, fundraising activities and contributions. They have provided the Senior Center with audio-visual equipment, dining room equipment, barbecue, food processor, card tables, Mah Jongg tables, patio cushions and umbrella, birthday party entertainment and prizes. On Tuesday, February 18, at 1:00 PM they will be electing officers and providing ten cash prizes of \$100 and a quilt donated by the Quilters Class. All members are eligible for prizes even if

not present. Members present are eligible for 4 additional prizes of \$50 each. If you have not joined the Builders Fund, please stop by the Senior Center Office for an application today.

## **Aging and Spirituality Tuesday, February 25, 10 am - 12 noon**

**Fremont Main Library, Fukaya Room**

The Tri-City Elders Coalition and the Stanford Geriatric Education Center is presenting Aging and Spirituality with Marita Grudzen, Associate Director, Stanford Geriatric Center. She will help people to gain insight into creativity in our later years, caring for ourselves in times of transition, understanding your spiritual journey, aging from multi-ethnic & multi-religion perspectives, and finding comfort and meaning while caring for others. For more information or to RSVP call 510-745-1499.

## **February Speakers**

Tuesday, February 11, 1:00 pm, Speaker: Carol Garberson, Senior Nutrition

Tuesday, February 25, 1:00 pm, Speaker: Winton S. Turner, Commissioner of the Veterans' Memorial Building Commission, Veteran's Benefits and Activities

## **Coming Next Month**

Wednesday, March 5, Noon - International Food Festival, Part 2

Friday, March 14, 1:30 pm - Birthday Party Entertainment by The Sweet Harps

Monday, March 17, Noon - St Patrick's Day Celebration Lunch & Entertainment by Don Hammock



The City of Fremont does not discriminate on the basis of disability. Reasonable auxiliary aids are provided upon request to persons with disabilities to afford equal opportunity to services, programs, and activities. Inquiries may be forwarded to the Director of the Human Services Department, P.O. Box 5006, Fremont, CA 94537, (510) 574-2051 or (510) 574-2040.